

## Winter Backcountry Gear Checklist

This list should be adjusted depending on length and duration of your trip; however, you should be prepared for sudden changes in weather, emergencies and the possibility of having to spend the night out in extreme conditions.

- ☐ Skis or Snowshoes and Poles (probe type recommended)
- ☐ Boots (appropriate for type of flotation used)
- ☐ Ski wax and/or climbing skins
- ☐ Avalanche beacon or cord
- ☐ Shovel (aluminum recommended)
- ☐ Long underwear top and bottom
- ☐ Socks synthetic or wool with extras
- ☐ Synthetic or wool pants
- ☐ Synthetic top or wool shirt
- ☐ Vest
- ☐ Weatherproof pants and jacket with hood
- ☐ Mittens and or gloves
- ☐ Hat (wool or synthetic type balaclava)
- ☐ Gaiters
- ☐ Goggles and/or sunglasses
- ☐ Sunscreen cream and lip balm
- ☐ Pack (internal frame recommended)
- ☐ Knife or multi purpose tool
- ☐ Matches in a waterproof case, candle and fire starter
- ☐ Topographic maps of area, Compass and Altimeter
- ☐ Thermometer
- ☐ Whistle
- ☐ Notebook and pencil
- ☐ Food (2 days recommended), Stove and extra fuel and cooking/eating utensils
- ☐ First aid kit including medications and SAM splint
- ☐ Flashlight or headlamp
- ☐ Toilet paper and plastic bags to pack it out
- ☐ Water bottle with cover to protect from freezing
- ☐ Waterproof ground cloth or space blanket
- ☐ Plastic bags (for trash and protection from moisture)
- ☐ Emergency repair kit:
- ☐ Screwdriver, pliers, tape (filament type for strength), tool to drill holes, assorted screws, spare parts (e.g. cables, ski baskets, ski tips etc), 30 feet of nylon cord, wire.
- ☐ Sleeping bag, synthetic and foam pad, closed cell
- ☐ Bivy sack

**Remember:** Dress in layers, protect yourself from the elements of wind, precipitation, temperature and sun. Synthetic or wool materials are preferred for warmth. Goretex and nylon materials are available for wind/snow protection. Let someone know where you are going and when you will be back. It is recommended not to travel alone in the backcountry.